

NAUGATUCK VALLEY HEALTH DISTRICT April 2025



Welcome Spring



NVHD and Partners Launch Valley Community Health Assessment

Naugatuck Valley Health District, in partnership with Griffin Hospital, Valley Community Foundation, and the Valley Council for Health & Human Services has begun work on the 2025 community health assessment, known as The Valley Index. The Index is a triennial study of health and the impact of social drivers of health on our community. It's a multi-layered approach involving the community to identify unmet needs and develop strategies that improve the lives of local residents. The index uses local, state and federal data sources, as well as surveys conducted within the Valley to tell the story of the health, economic outlook and overall wellbeing in the Naugatuck Valley.

To add your voice to the 2025 community index, please take the brief survey in the attached flyer or link below. Publication of the assessment is expected in early summer. Take the survey [here!](#)



NVHD Attends Ansonia Kindergarten Registration

Austin, Vanessa, and NVHD's intern Dylan attended the Registration Fair for the third year in a row. The event is targeted toward Ansonia residents who have children eligible to attend kindergarten for the upcoming school year, and it is an excellent opportunity to strengthen the transition to kindergarten and familiarize families with community agencies such as NVHD and other programs through stations and activities. This year, about 80 children were registered for Kindergarten.



Health Observances in April

Alcohol Awareness Month
Autism Awareness Month
Earth Month

Cancer Prevention and Early Detection Month
Minority Health Month
National Childhood Abuse Prevention Month
National Donate Life Month
Oral Cancer Awareness Month
Parkinson's Disease Awareness Month
Sexual Assault Awareness and Prevention Month
STI Awareness Month
Testicular Cancer Awareness Month

April 2: World Autism Acceptance Day
April 7: World Health Day
April 7-11: National Public Health Week
April 7-11: Adolescent Immunization Action Week
April 21-28: National Infant Immunization Week
April 22: Earth Day
April 26: National Prescription Drug Take Back Day
April 28: World Day for Safety and Health at Work
April 29: National Fentanyl Awareness Day



NATIONAL PUBLIC HEALTH WEEK

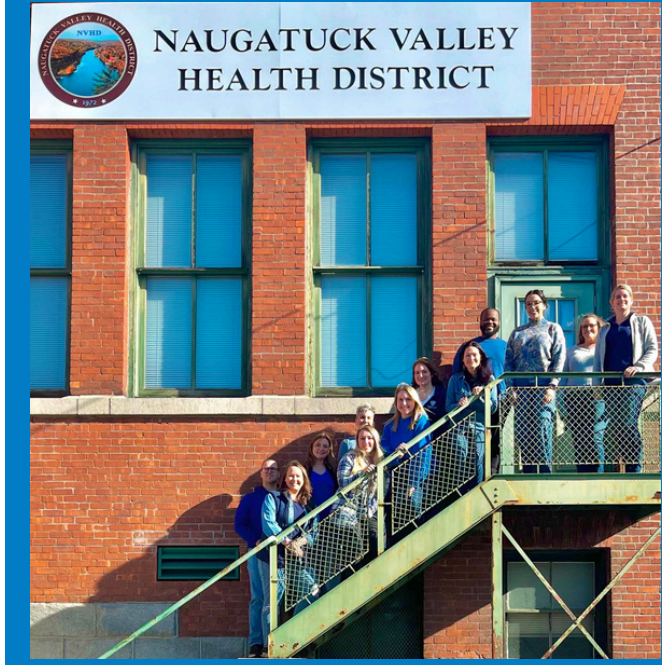
AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Each April, the American Public Health Association (APHA) unites communities nationwide to celebrate National Public Health Week. 2025 marks the 30th anniversary!

Follow NVHD’s website and social media pages on Facebook, Instagram, X, and LinkedIn as we share more about our local work, celebrate successes, look ahead to upcoming challenges and create a vision for the future.

Public health starts with each of us making a difference in our homes and communities. It’s how the places we live, work and play affect our well-being. It’s the way we are all stronger—and healthier—together through the efforts of organizations like the and others that advocate for healthy communities.

Among other highlights brought to you by NVHD, we will also be sharing more about this year’s key topics, with the overall theme of **It Starts Here**:



Your Health is Our Mission

Public health isn’t just for a single person—it’s for you, your friends, your family and everyone in your community. Public health affects how we all live, work, and play— it’s an invisible force that protects our safety and well-being.

Public health continues to prioritize health at every level, ensuring that everyone has the opportunity to thrive.

Climate Action & Championing Resilience for Health

Climate change impacts both physical and mental health through rising temperatures, poor air quality, extreme weather events and disrupted ecosystems. These effects are felt most in communities of color and low-income neighborhoods, which have faced years of underinvestment and systemic inequities, making them more vulnerable to climate risks.

By taking bold and equitable action, we can reduce the health effects of climate change and build stronger, healthier communities.

Health Equity & Optimizing Health for All

Health equity is important because it means that all individuals have access to the resources and opportunities needed to achieve their full health potential, regardless of socioeconomic, racial, geographic, or disability-related disparities. By addressing the root causes of health inequities, such as discrimination, unequal access to care and barriers faced by individuals with disabilities, communities can reduce preventable diseases and improve overall well-being.

Advocacy & Amplifying Voices for Public Health

Public Health advocacy is about using your voice to create a healthier world for everyone.

Advocates have helped create big changes in public health. Because of them, we now have laws that make us wear seatbelts in cars, vaccines that stop us from getting sick, food labels that tell us what we’re eating and rules that keep smoke out of public places. These wins show how using our voices can make life better and safer for everyone.



Strengthening the Public Health Workforce

A strong and resilient public health workforce is key to keeping communities healthy and addressing the nation’s most urgent health challenges. Public health professionals work hard to prevent disease, promote wellness and protect communities

Efforts to build a workforce that includes people from all backgrounds and who have the skills to tackle health inequalities are helping improve access to health services, share important information, and build trust within communities.

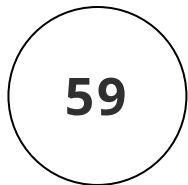


APRIL HEALTHY VALLEY SPOTLIGHT

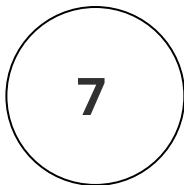
COVID CORNER 

* NVHD monitors the number of people in the Valley who test positive for COVID-19 each month; please note that the numbers here reflect a combination of home tests and lab results reported to us by test sites.

FEBRUARY*



positive adults



positive minors

REPORT POSITIVE TEST RESULTS HERE!



WWW.COVIDTESTS.GOV IS STILL ACTIVE

Every U.S. household is eligible to receive four free at-home COVID-19 test kits. If you've placed an order in the past, you may still be eligible to receive more—make sure to check on the website!

- Head to www.covidtests.gov
- Click **Order Free At-home Tests** to be redirected to the USPS website
- Alternatively, you can call **1-800-232-0233** (TTY 1-888-720-7489)

UPCOMING NVHD EVENTS: APRIL-MAY 2025

National Public Health Week

Every year, Naugatuck Valley Health District participates in National Public Health Week (NPHW) to honor the work that we do.

This year, NVHD staff filmed short videos to highlight the work that we do for our community!

Follow our social media pages to see our staff in community and environmental health and learn about what we do! A new video will be posted everyday that week.



Diabetes Self-Management Program

Naugatuck Valley Health District is hosting a six-week Live Well with Diabetes Self-Management program at the Seymour Community Center.

The sessions are scheduled for Mondays from 1:30 to 4:00pm and will run from April 14 to May 19, 2025.

For more information or to register for the program, please see the attached flyer or contact Morgan Manzer at the Seymour Community Center, 203-888-0406, ext. 1.

BREAKING NEWS!

We have a **NEW Temporary Event Application!**

Important information for all Temporary Food Event Operators, Food Vendors, and Event Coordinators/Volunteers!

How do I access the new Temporary Event Application?

1. The new 2025 application is available in-person at NVHD or online at www.nvhd.org
2. Once on our website, click “Forms & Applications” and find the “Food Service” section
3. Click “Temporary Food Service Application” and download the PDF



Application pages 1-3 must be complete with the **PERMIT HOLDERS** signature.

Certified Food Protection Manager Certificate **MUST** be attached to the application.

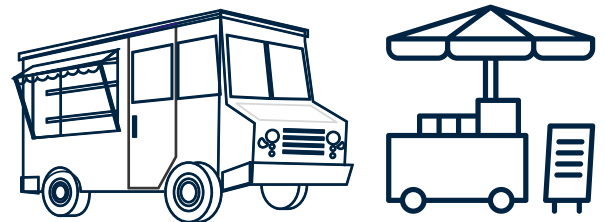
If not licensed by NVHD, a copy of your Food Service Establishment (FSE) license & most recent inspection report must be attached to the application.

If you are granted permission from a licensed FSE for the use of their kitchen, you must attach a letter of authorization from the FSE owner for use of their licensed kitchen.

TO AVOID LATE FEES, THE APPLICATION AND PAYMENT MUST BE SUBMITTED TO NVHD

14 DAYS

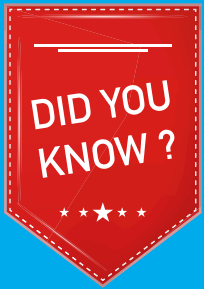
BEFORE THE EVENT



Please contact us at 203-881-3255 with any questions



Early Detection Saves Lives: Raise Awareness. Take Action. Make a Difference.



- April is Testicular Cancer Awareness Month, a time dedicated to raising awareness about the most common cancer in men 15-44 years old.
- Early detection is key, often eliminating the need for additional surgeries, chemotherapy, or radiation.

- Testicular Cancer is over 95% curable when detected early.
- Regular testicular self-exams can help detect any irregularities or changes quickly, leading to early detection and lessening the treatment burden.

Self-examination of the testes is important for early detection of testicular cancer (TC). The most common method of early detection is performing a **monthly exam**.

Upon reaching puberty, all men should conduct a monthly testicular self-exam and ask your doctor during your yearly physical to perform one as well.

Testicular Self Exam



PERFORM MONTHLY



Grab
Cup one testicle at a time using both hands best performed during or after a warm bath or shower.



Examine
Examine by rolling the testicle between thumb and fingers use slight pressure.



Get Familiar
Familiarize yourself with the spermatic cord & epididymis tube like structures that connect on the back side of each testicle.



Feel for Changes
Feel for lumps, change in size or irregularities it is normal for one testis to be slightly larger than the other.

If you suspect an opioid overdose, call 911 and get emergency medical assistance immediately.

Good Samaritan Law in Connecticut protects people who call 911 seeking emergency medical services for an overdose from arrest* for possession of drugs/paraphernalia. The law also provides protection from civil liability and criminal prosecution for administering naloxone (Narcan) in response to an overdose.

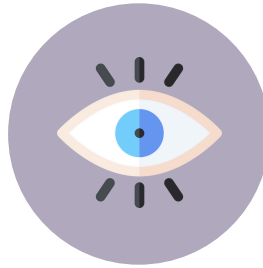
**Good Samaritan Law does not protect someone from other charges and does not stop the police from serving a search or arrest warrant if that was already in process.*



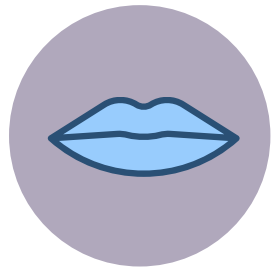
Unresponsive to voice or touch



Pinpoint-sized pupils



Blue or purple fingernails and lips



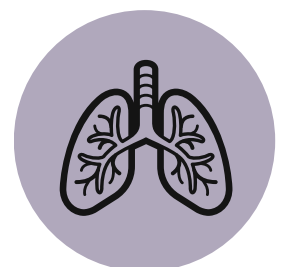
Recognizing an Opioid Overdose



Slow heartbeat or low blood pressure



Pale, clammy skin



Slow, irregular, or stopped breathing

Signs of an opioid overdose may include the above, but not all these signs may be present during an overdose.

SAVE A LIFE DAY

April 9, 2025

Thousands of individuals and organizations across the nation will come together for Save a Life Day, a vital initiative aimed at preventing overdose deaths and equipping communities with life-saving resources. This annual event is dedicated to raising awareness, providing education, and distributing free naloxone (Narcan) to those who need it most.

This year, NVHD will join approximately 15 local health departments and districts around the state of CT to provide free Narcan!

10:00 - 11:30AM

Howard Whittmore Memorial Library

243 Church Street, Naugatuck

Registration not required. Walk-ins welcome!

2:00 - 4:00PM

Derby Public Library

313 Elizabeth Street, Derby

Registration required. Email atelford@nvhd.org





Public Health
Prevent. Promote. Protect.
Naugatuck Valley
Health District



Derby Bureau of Youth Services

**Turn in unneeded medication for safe disposal.
Drive up. Drop off. Drive away. No questions asked.**

**Saturday, April 26, 2025
10:00AM - 2:00PM
Bradley School
155 David Humphrey Rd, Derby, CT 06418**



Accepted:

- Over-the-counter medications
- Prescription medications
- Medication samples
- Medications for household pets
- Medicated lotions or ointments
- Vape devices (batteries removed)



NOT Accepted:

- Needles or other “sharps”
- Hazardous waste
- Thermometers
- Personal care products (shampoo, etc.)

For more information, please contact John Saccu, Director of Derby Youth Services Bureau at jsaccu@gmail.com

**NATIONAL
FENTANYL
AWARENESS
DAY**

APRIL 29, 2025

**TAKE ACTION.
SAVE A LIFE.**

NATIONAL
FENTANYL
AWARENESS
DAY

You can't tell the difference between a legitimate prescription pill and one that's made of fentanyl.

fentanylawarenesday.org

**FREE FENTANYL TEST STRIPS
AVAILABLE AT NVHD**

Contact Austin
Overdose Prevention Navigator
at 203-881-3255 x 128
or by email atelford@nvhd.org

HELP & RESOURCES ARE AVAILABLE

APRIL

ALCOHOL AWARENESS MONTH

samhsa.gov/find-help/atod/alcohol

SAMHSA

Excessive drinking includes:

Binge drinking
Women 4 or more drinks
Men 5 or more drinks
 On one occasion

Heavy drinking
Women 8 or more drinks
Men 15 or more drinks
 In a week



Any drinking during pregnancy

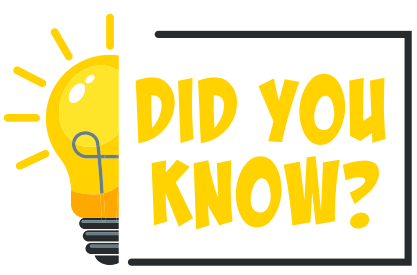


Any drinking by people younger than 21

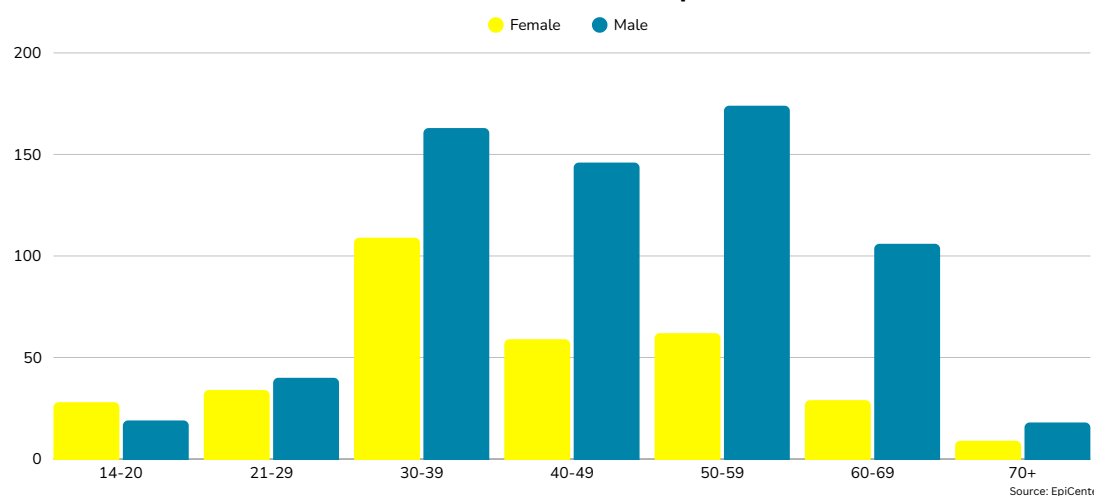
cdc.gov/alcohol



- Excessive alcohol use can have immediate and long-term effects.
- Excessive drinking includes binge drinking, heavy drinking, and any drinking during pregnancy or by people younger than 21.
- Drinking less is better for your health than drinking more.
- You can lower your health risks by drinking less or choosing not to drink.



Between January 1, 2024 - January 31, 2025, individuals that reside within the Naugatuck Valley Health District jurisdiction received healthcare services for alcohol-related incidents **996** times at **23** different hospital/healthcare facilities.



Source: EpiCenter electronic syndromic surveillance reporting system

Now recruiting non-medical and medical volunteers 18 years and older!

All training provided free of cost! No prior experience needed! To register with the Medical Reserve Corps as a volunteer for medical or non-medical missions, visit CT Responds! page on the state's Department of Health website and register. When volunteer opportunities arise, your unit leader will reach out to you and other volunteers that match the needs based on profile completeness, skills, trainings, medical license verification, and availability.

- **Step 1:** Register online on the Connecticut Volunteer Management Website www.CTResponds.CT.gov
- **Step 2:** Click the yellow "Register" button on the homepage to create your account and profile.
- **Step 3:** Complete all requested fields in order to complete your profile. You must enter your social security number but this is kept confidential, even from the Unit Leader.
- **Step 4:** Select the MRC Unit of your choice (Naugatuck Valley MRC)
- **Step 5:** Once accepted and by signing up online, you are consenting to having a background check.
- **Step 6:** The Unit Leader will then contact you through the CTResponds! website and email for orientation, the completion of the mandatory Loyalty Oath (this provides volunteers liability coverage while training or activated with the MRC), and training or response opportunities.



Capitol Region MRC hosted a MRC Mission Sets Workshop for MRC leaders and volunteers, local health department/district public health emergency preparedness coordinators and directors of health, hospital staff, long-term care facility staff, CT DPH, the CT Healthcare Coalition, and the federal Administration for Strategic Preparedness and Response (ASPR)! All five emergency planning regions in CT were represented!



The workshop which included guided discussions, presentations, and group exercises to dive into collaborative understanding and creation of mission sets that are applicable to CT MRC activities.

Guest speakers from the Rhode Island MRC and the Massachusetts MRC shared their road to successes and expert knowledge. NVHD's Director of Health, Jess Kristy, also provided training and facilitation on the topics of Family Reunification and Family Assistance Centers.

ACT FEARLESSLY FOR CHANGE

 autism speaks[®]

world
autism
month

PLEDGE TODAY and stand fearlessly for a world where autistic individuals are recognized for their unique contributions and have the opportunities they need to reach their full potential.

AUTISMSPEAKS.ORG/FEARLESS



Avian Influenza Fact Sheet



Overview

Highly Pathogenic Avian Influenza (HPAI), also referred to as H5N1 or commonly “bird flu,” is a virus that is widespread in wild birds worldwide. It is currently causing outbreaks nationally in poultry and U.S. dairy cows with several recent human cases in U.S. dairy and poultry workers. While the current public human health risk is low, the federal Centers for Disease Control and Prevention (CDC) is watching the situation carefully. In Connecticut, CT DEEP, CT DoAg, and CT DPH monitor for HPAI.

CURRENT SITUATION IN CT

- No confirmed detections in people or livestock in CT.
- Multiple confirmed detections in backyard flocks in CT.
- Properly cooked eggs, poultry, and pasteurized milk are safe to consume.
- Increased reports of wild bird die-offs in CT, and several confirmed cases among wild birds. This is not uncommon for this time of year.



Wild Birds and Other Wild Animals (CT DEEP)

The DEEP Wildlife Division and The USDA Animal and Plant Health Inspection Service (APHIS) have been conducting targeted surveillance for HPAI since 2006. DEEP Biologists test a sample of waterfowl in summer and winter during normal banding and research projects. They also do testing on certain bird mortality events if AI is suspected and for monitoring in raccoons, foxes, bobcats, and other mammals.

If you see several dead birds (>5) in one location or notice that several dead birds in the same area over the course of several days, we encourage you to report it. Not all birds will be collected or tested, but reporting is still critical. If you observe this type of die-off, in addition to filling out this form, please call the DEEP Wildlife Division at 860-424-3011.



REPORT SIGHTINGS

Connecticut residents can help monitor wild bird populations in the state by reporting sightings of dead wild birds to the Wild Bird Mortality Database.



DISPOSE SAFELY

Information on how to safely dispose of dead wild birds that are not collected for testing.



LEARN MORE

More information about avian influenza can be found on the DEEP Website.

Poultry, Livestock, and Domestic Animals (CT DoAg)

POULTRY

H5N1 is highly contagious and fatal for domestic poultry, with no approved vaccine/effective treatment.

- Spread occurs through bird-to-bird contact or contaminated surfaces.
- Biosecurity practices are essential:
 - Prevent contact with wild waterfowl.
 - Limit access, disinfect clothing, shoes, and equipment.
 - Avoid borrowing equipment from other farms.
 - Cooking eggs and poultry to an internal temperature of 165°F kills bacteria and viruses, including avian influenza A viruses.
 - Separate uncooked (raw) poultry from cooked foods and foods that won't be cooked.

To report sick birds, unexplained high number of deaths, sudden drop in egg production, or sudden reduction in feed or water intake, contact the State Veterinarian at 860-713-2505 or ctstate.vet@ct.gov or the USDA at 866-536-7593.



DAIRY CATTLE

- H5N1 was detected in U.S. dairy herds starting in March 2024; no confirmed cases in CT.
- Symptoms include reduced milk production, lethargy, and dehydration.
- Good biosecurity practices are key to preventing spread.
- Farm or processing employees should wear PPE when working with or around cattle and raw milk that are suspected or confirmed with H5N1.
- Commercial milk supply remains safe due to pasteurization which has been proven to kill harmful bacteria and viruses.

To report ill dairy cattle, contact your veterinarian, the State Veterinarian at 860-713-2505 or ctstate.vet@ct.gov or the USDA APHIS Area Veterinarian in Charge, Bradley.Keough@usda.gov or 508-363-2290.



For more information on H5N1 in agriculture visit:

Connecticut Department of Agriculture website



Human Infections Background (CT DPH)

- No confirmed detections in people or livestock in CT.
- Human H5N1 infections reported in the U.S. since spring 2024.
- Most human infections are associated with exposures to infected poultry or dairy cattle.
- Some human infections have occurred in people with no known contact with animals.
- Most U.S. individuals with H5N1 infection experienced mild illnesses.
- Symptoms include conjunctivitis (pink eye) or upper respiratory infections.
- In January 2025, Louisiana reported the first human H5N1 death in a person who was exposed to infected birds.

For more information on H5N1 in humans visit:



Centers for Disease Control and Prevention website

Connecticut Department of Public Health website





April 7-11
**ADOLESCENT
IMMUNIZATION**
#AIAW25
ACTION WEEK

Protect your adolescent from serious illness:

- ✓ Meningitis
- ✓ Whooping Cough
- ✓ Cancers caused by HPV
- ✓ COVID-19
- ✓ Flu

T RUST GOOD RESOURCES

A SK QUESTIONS

S CHEDULE AN APPOINTMENT

K NOW WHERE TO GET VACCINATED

Call Nurse Kristie to schedule a vaccination appointment now: (203) 881-3255 ext.107



Visit the [CDC Recommended Child and Adolescent Immunization Schedule](#) and [unity4teenvax.org](#) for more info!

STOP BY NVHD'S TABLE!

'HEALTHY TOGETHER'

Collaborative Community



HEALTH FAIR

Saturday, April 26th

Life, Health, and Wellness Center
199 North Main St, Ansonia, CT
10:00am - 2:00pm

Get Free Screenings
& Health Information

*Community activities, health
screenings, vendors, health
organizations, and more!*



NVHD to Attend Ansonia Nature Center Earth Day Celebration

EARTH DAY 2025

Our Power, Our Planet™

Saturday, April 12
10 am - 3 pm



LIVE ANIMALS!
AND MORE!



HIKES!
ACTIVITIES!

Free Admission. All ages welcome!



Every day is Earth Day at the Nature Center! We invite you to honor Mother Earth with us during this annual event. Enjoy hikes, live animals, environmental exhibitors, craft vendors, food trucks, music, and more!

For more info: www.ansonianaturecenter.org/earthday

ANSONIA NATURE CENTER

10 Deerfield Lane, Ansonia, CT
Phone: 203-736-1055

Our Power, Our Planet™ is a trademark of EarthDay.org

www.AnsoniaNatureCenter.org

Every day is Earth Day at the Nature Center! We invite you to honor Mother Earth, with our Friends of the Ansonia Nature Center (FANCI) co-hosting this annual event. Enjoy hikes, live animals, environmental exhibitors, a farmer's market, music and more! Food and snacks available from local vendors. No park admission fee. All ages welcome; bring family and friends to celebrate Spring!



**Celebrate Earth Day with
NVHD staff at the Ansonia
Nature Center!
Stop by our table for
information, give aways and
just to day hello!**





'It's Your Life...Live it Well'

FREE Diabetes Self-Management Workshop

Take Control



Feel Better



Energize



Live



Enjoy

Learn about diabetes & pre-diabetes including:

- Healthy eating
- Foot care
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals

***These are just some of the topics covered! We meet weekly for 2.5 hours**

Seymour Community Center

20 Pine St, Seymour

NEW DATE

Mondays,

April 14 - May 19

1:30-4pm

To register, call **Morgyn Manzer** at **203.888.0406, ext. 1**

Free books for participants!
Space is limited, so sign up today!



COMMUNITY HEALTH NEEDS ASSESSMENT COMMUNITY SURVEY

Do you live in Ansonia, Beacon Falls, Derby, Naugatuck, Oxford, Seymour or Shelton?

We need your help!

We want to hear from you about the biggest challenges in our community and how we can make life better for everyone.



Take the survey before April 18th!

<https://www.surveymonkey.com/r/ValleyIndex>

SCAN
ME!



Your Input Matters!

The Valley Community Index, our community health needs assessment, is a resource for all members of the public health and healthcare system and the population at large. It is a basis for collaborations and for priority setting, planning, program development, funding applications, coordination of resources, and new ways to collaboratively use assets to improve the health of the population.

EVALUACIÓN DE NECESIDADES DE SALUD COMUNITARIA

ENCUESTA COMUNITARIA

¿Vives en Ansonia, Beacon Falls, Derby,
Naugatuck, Oxford, Seymour o Shelton?

¡Necesitamos tu ayuda!

Queremos que nos cuente cuáles
son los mayores desafíos de
nuestra comunidad y cómo
podemos mejorar la vida de todos.



¡Participa en la encuesta antes del 18 de abril!

<https://www.surveymonkey.com/r/ValleyIndex>

¡ESCANEAR!



¡Su opinión importa!

El Índice Comunitario del Valle, nuestra evaluación de necesidades de salud comunitaria, es un recurso para todos los integrantes del sistema de salud pública y la población en general. Sirve como base para colaboraciones y determinación de prioridades, planificación, desarrollo de programas, solicitudes de financiamiento, coordinación de recursos y nuevas formas de usar los activos en conjunto para mejorar la salud de la población.

